



# *ICAN of Louisville*

## **2009 Meeting Schedule**

Meetings run from 7 – 8:30pm. Babes-in-arms welcome to attend; child-care is not provided. Visit [www.ICANofLouisville.com](http://www.ICANofLouisville.com) for our meeting location.

**Educational Meetings** are always free and open to the public.

**Monday, February 2:** *BirthRight: The Body Heals Itself - with a Little Support*  
Guest Speaker: Pamela Yenowine, CranioSacral Therapist, LMT, & ICAN member

**Monday, April 6:** *Our 2<sup>nd</sup> Birthday! Cesarean Awareness Month in our Community.*

**Monday, June 1:** *Using a Labyrinth to Meet Your Inner Birth Warrior*  
Guest Speaker: Jessica Farquhar, Birthing From Within Mentor

**Monday, August 3:** *Staying Low Risk: Diet, Exercise, & Optimal Fetal Positioning*  
Guest Speaker: Angela Garvin, Bradley Method childbirth educator, doula, and ICAN member

**Monday, October 5:** *Hypnobirthing: Prepare Your Mind & Body for an Easier, Safer, and More Comfortable Birth*  
Guest Speaker: Kathy Markham, Lamaze and ICEA childbirth educator, doula, and ICAN member

**Monday, December 7:** *“Meet the Professionals Night” & Holiday Party*

**Support Meetings** are open to all women who are seeking a safe, supportive, & confidential environment to process a traumatic or disappointing birth experience.

Monday, January 5  
Monday, March 2  
Monday, May 4

Monday, July 6  
Monday, September 7 – Labor Day: No meeting  
Monday, November 2

*The International Cesarean Awareness Network, Inc. (ICAN) is a nonprofit organization whose mission is to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery, and promoting Vaginal Birth After Cesarean (VBAC).*

Meetings cancelled when JCPS closes due to inclement weather.